

EXERCISE 2

Read the information. Then listen to part of a conversation about how the diet and eating habits of people in the UK have changed over time.

Choose the correct decades for the food eating habits.

In the IELTS Listening test, you may hear speakers talking about how things have changed over a period of time. It is important to listen for past and present time signals, which will help you to understand what time period the speakers are referring to.

Examples of past time signals:

at that time ..., in the past ..., by the 1990s ..., previously ...

Examples of present time signals:

these days ..., at the present time ..., nowadays ..., now ...

1. Watching cooking on TV and rarely cooking at home
 - ☐ 1960s
 - ☐ 1970s
 - ☐ 1990s
 - ☐ NOW
2. Staying at home and eating the same food every week
 - ☐ 1960s
 - ☐ 1970s
 - ☐ 1990s
 - ☐ NOW
3. Buying more frozen foods such as fish and vegetables
 - ☐ 1960s
 - ☐ 1970s
 - ☐ 1990s
 - ☐ NOW
4. Eating out in restaurants

- 1960s
- 1970s
- 1990s
- NOW

5. Sitting at home and eating takeaway food

- 1960s
- 1970s
- 1990s
- NOW